ERCVYS
East Riding (council for) Voluntary Youth Service

Sexual Health and Disabilities Resource Catalogue

Resources to support parents/carers and professionals working with children and young people who have a learning disability

Disclaimer; ERVAS accept no responsibility for the content of each resource and have provided as much information as possible for the resource in question. It is the responsibility of the borrower to view the content of each resource to ensure the suitability for the child/young person.

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Resource List

Resource Code	Resource Title	Description
SHR001	Body Board	This is an innovative, high quality, interactive resource that has been developed over the last 10 years and has gradually evolved into a system with a range of integrated accessory packs. (see below)
SHR002	Emotions Pack	The Emotions Pack includes a large selection of stunning add-on illustrations showing faces expressing a range of emotions, gestures and internal sensations like butterflies in the stomach or a pounding heart. There is also an assortment of thought bubbles and a blank thought bubble for pupils to write in or draw their thoughts. The Emotions pack is very versatile and can be used with all the accessory packs.
SHR003	Body Changes at Puberty Pack	This accessory pack is packed with 53 informative images to help pupils to explore body changes. Topics include emotional changes, physical changes and managing feelings. The pack contains images that illustrate male and female body changes, the menstrual cycle and stimulus to get young people to talk about thoughts and feelings, acceptable and unacceptable touch.
SHR004	Body Changes Expansion pack	This accessory pack is a fabulous pack for those of you who are working with special needs children and adults who need that little bit of extra help. This expansion kit is used alongside the Body Changes at Puberty pack and has more literal interpretations of some of the body changes, for example; body hair. There is also male and female underwear so that changes can be fully demonstrated
SHR005	Friendships and Relationships Pack	This self-contained accessory pack is a mini School Scenario and a favourite with teachers using the Social and Emotional Aspects of Learning (SEAL) curriculum resource, this is because it brilliantly supports many of the themes delivered through circle time, buddy schemes and SRE, PSHE and Citizenship. Using the characters and a small backdrop card providing the scenario setting will help young people consider and evaluate friendships and relationships. The lesson plan and activities included covers making friends, getting on and falling out, bullying, conflict resolution, relationships and romantic relationships.
SHR006	Contraception and Making Love Pack	This accessory pack helps take the heat out of sex and relationships education due to this being a straightforward and candid pack. The pack Contains twelve visually descriptive images of contraceptives and how they are used and what takes place during sexual intercourse. The lesson plan includes activities looking at the context of making love as well as how to protect yourself from an unwanted pregnancy and STI's.

SHR007	Flirting, Romantic & Sexual Signs Pack	This accessory pack is a very popular relationship pack despite its small size, it has a powerful impact and is such fun to use and learn with. Best of all you can enjoy teaching this difficult subject secure in the knowledge that you are using the right tool to do so. Reading body language and interpreting sexual signals is a minefield of agonising uncertainty and indecision and this pack inspires and engages young people to talk about flirtatious behaviours, body language, dress and personal safety issues.
SHR008	Coercive Behaviours Pack (version2)	This accessory pack is a thought provoking pack taking a look at coercive behaviours within relationships. Using flash cards, the aim of the pack is to encourage young people to talk about feelings, values, attitudes and pressures concerning romantic and intimate relationships. This version of the accessory pack is suitable for young people who find it difficult to look at multiple images and enables them to work with one image at a time and put them into a sequence.
SHR009	All About Us	This resource comes in the form of a DVD and easy-to-read booklet. The resource aims to help the personal development and knowledge of people with learning disabilities around sex, sexuality and relationships. It provides a self-study learning tool that can be used by someone with learning disabilities on their own, or with support, to introduce key issues. Certificates can be printed off by the young person to demonstrate their learning. It can complement the delivery of sex and relationships education in the home, school, and other learning environments.
SHR010	The New Guide to Relationships and Sex	This resource comes in the form of a DVD and is targeted at young people facing transition. Divided into 5 main subject areas, each has a menu featuring a series of video sequences that explore the full range of issues facing young people in transition in an informative and stimulating way. Each topic is dealt with in a clear and unambiguous way, in a modern format that young people readily relate to. The DVD menu covers the following topics; • **Growing up and body changes** this section of the DVD shows how our bodies change as we grow up from children to adults. • **Menstruation and periods** explains about sanitary towels and tampons and shows how to use them. Also details how to dispose of used ones and discusses Pre Menstrual Syndrome (PMS). • **Masturbation and privacy** this section discusses masturbation and the importance of privacy. This subject can cause young people some embarrassment and carers may find it easier to show this section to single sex groups or on a one-to-one basis. • **Hygiene** the importance of personal hygiene and personal care are illustrated and explained. • **First dates and petting** explains how the characters first met with emphasis on consent and the importance of relationships. Building trust and gradually developing intimacy are

		emphasised. • **Self-examination and privacy** explains about the methods and importance of self- examination, methods and emphasising privacy. • **Sex and attitudes** discusses attitudes towards sex and the importance of the age of consent. • **Consent and unwanted sexual advances** explains about unwanted sexual advances and the right to say no. Illustrated in several sections of the DVD, consent and understanding 'no' is emphasised. • **Pregnancy and birth** explains about how a baby is made. Clearly but sensitively shows sexual intercourse, conception and birth. • **Sex, virginity, consent and condoms** this section deals with first sexual experiences including intercourse and virginity. Understanding consent and using condoms for safer sex are explained. • **'Yes' and 'No'** this part of the DVD looks at consent and the importance of understanding 'no'. • **Gay and straight relationships** in this scene Bobby and Sonia explain about relationships, including gay relationships. • **Sexual pleasure and contraception** discuss why people have sex including sex for pleasure, emphasising the importance of getting to know someone before having sex. A range of contraceptives are described including some of their benefits and disadvantages. • **Gay sex** two gay couples are presented, their relationships and sexual practices are discussed. Also covers the age of consent.
SHR011	4 BOYS	A6 Booklet –Giving a below-the-belt guide to the male body. This illustrated booklet is for young men and women and uses clear text to explore physical changes, sexual development, sexually transmitted infections, safer sex and contraception.
SHR012	4 GIRLS	A6 Booklet –Giving a below-the-bra guide to the female body. This illustrated booklet is for young women and men and uses clear text to explore physical changes, sexual development, sexually transmitted infections, safer sex and contraception
SHR013	Fantasy V Reality	This resource supports workers to deliver a series of lessons exploring the influence and impact of the media, the internet and pornography on the sexual attitudes and behaviour of young people. The resource contains a CD-ROM with video clips, images and PowerPoint presentations suitable for use with Key stage 3 and 4 students, the resource also includes a variety of lesson plans on the very sensitive subject of the sexualisation of young people, including the role of pornography. Whilst providing objective, safe and creative ways to tackle the issue.

SHR014	4 Boys/4 Girls	This resource manual uses drama, art, test-your-knowledge and attitude activities to explore various themes around SRE. The resource also includes the bestselling booklets for young people covering Periods, 4Boys, 4Girls, Abortion, Is Everybody Doing It?, Pregnancy, Love S.T.I.ngs, and Love sex relationships. This resource can be used with young people aged 12 and above and meets curriculum guidance for key stages 2, 3 and 4.
SHR015	Girls out Loud	The Girls out loud resource comes in the form of a DVD and training manual. The resource helps to provide young women with information and communication skills. Topics covered include: • Physical development • Gender • Relationships • Sexuality • Sexual activity
SHR016	Contrapack	The Contraceptive Display Kit is an ideal resource to encourage young people aged 12 and above to think and talk about contraception. The briefcase-style holder contains samples of a range of contraceptive methods, including laminated cards of contraceptive pills, Condom demonstrator and contraceptive display kit user's manual. The resource also includes a set of FPA booklets on the different forms of contraception and the A6 booklet is everybody doing it. The kit can be used to: • Increase informed decision making in young people • Promote awareness of condoms and how to use them properly • Provide an understanding of how to access sexual health advice and services • Trigger discussion of feelings and attitudes towards sexual health. **This resource meets curriculum guidance for Key Stages 3 and 4.**
SHR017	Love or lies – who can you trust. Includes the my dangerous loverboy DVD	This comprehensive education resource pack is ideal for professionals working with young people who want to explore issues around positive and negative relationships, peer pressure and sexual exploitation. The resource pack includes 20 detailed lesson plans. Topics include; • Healthy relationships • Self-esteem

		• Pressures and Expectations • Minimising risk • Safety on the internet • Sexual exploitation and internal trafficking (also known as street grooming). The resource covers why preventative work is important and includes training materials on the signs of sexual exploitation and internal trafficking. The resource pack comes with the acclaimed short film My Dangerous Loverboy. The film's powerful depiction of relationships, sexual exploitation and internal trafficking in the UK can help provoke lively discussions with the young people. The resource is designed to be used by any practitioner working with young people Key stages 3 and 4.
SHR018	Drunken impairment goggles	**A resource also known as beer goggles, drunk goggles or drunk glasses simulate the effects of being drunk.** Their effects include confusion, visual distortion, slowed reaction time and lack of coordination. They're great to use with a **condom demonstrator** to highlight the difficulties of trying to use a condom when drunk. As well as being a useful sex education resource, beer goggles can be used to highlight the negative effects of alcohol in a wide variety of other situations such as driving a car, riding a bike or simply crossing the road.
SHR019	The weird and wonderful world of Billy Ballgreedy	This resource consists of a training manual and DVD and addresses young men's issues around sexual health and sexuality. The manual contains innovative group work exercises that support professionals working in SRE with young men, particularly teachers, health and social services professionals, and community and youth workers. The resource focuses on a range of sexual health issues including: • Puberty • Contraception • Sexually Transmitted Infections • Individuality This resource can be used with young men aged 12 and above.

SHR020	Talking Together about contraception Book 1 & 2	This Resource is a two-book pack that supports young people with learning disabilities who wish to access contraception. **Book one** contains a guide to the methods of contraception available. **Book two** has been written for young people and has clear pictures, easy-to-read stories and picture posters. The books are for use by teachers and other professionals working with young people aged 13 and above. Can also be used by parents/carer. Book two is suitable for some young people to use on their own.
SHR021	Talking together about sex and relationships	A practical resource manual for schools working with young people with learning disabilities and for parents/carers of children/young people with learning disabilities. The resource has activities and illustrated stories to help young people aged 13 and above explore a range of situations that they may face as they grow up. This resource is ideal for use in the classroom or other learning environments, it also has pages for parents/carers so that home and school can work in partnership. The resource manual comes with all page images on an accompanying CD.
SHR022	Talking together about growing up	This resource comes in the form of a workbook and offers support to parents/carers of children with learning disabilities who are approaching, or are around the age of, puberty. The easy-to-follow style of this resource is suitable for young people who are not able to read. It will also help schools working in partnership with parents. The resource now comes with all page images on an accompanying CD.
SHR023	Anatomically correct male and female	An invaluable resource for teaching children and young adults with learning disabilities about the human body and sexual issues, the

	cloth models (Desmond & Daisy)	models can also be used as an aid to developing skills in personal relationships and appropriate behaviour. The models are accompanied by a comprehensive, 24 page, A4 sized book of 'Notes for Users'. These cover the use of the models in educational settings and in clinic settings with adults with disabilities. Included in the resource is a sample of the materials used to manufacture the models to support the work with young people and adults in the use of the models.
SHR024	Living your Life	A resource for all professionals working with young people with learning disabilities that helps to design, deliver and evaluate a programme of sex and relationships education covering seven modules; • Group-building • The physical self • Emotions • Relationships • Sexual expression • Public and Private • Being Healthy and Staying Safe. The resource comes in the form of a Quality ring binder with 366 pages including pull out separators, work sheets, over 70 illustrations and a comprehensive resources section.
SHR025	Condom Cards	This resource consists of 11 laminated cards, each containing a line drawing on one side and a sequence number and simple caption explaining the drawing on the other side. This resources supports the work with young people with learning disabilities around how to use a condom correctly, and can be used to tell a story or to practice correct sequencing.
SHR026	Picture yourself	This resource consists of 192 line drawings and photographs on a CD Rom to help young people with support of professionals explore aspects of personal, social and sex education The line drawings cover the themes of; • Growing up • Male and Female Bodies • Public and Private Places • Appropriate Behaviour • Making Relationships • Becoming Sexual • Masturbation • Using a Condom • Using a Public Toilet
SHR027	Picture yourself 2	This resource consists of 192 line drawings and photographs on a CD Rom to help young people with support of professionals explore aspects of personal, social and sex education. The line drawings cover the themes of: • Me as an Individual

		• Relationships with others • Puberty • Menstruation and wet dreams • Sexual Health • Pregnancy, birth and parenting • Same-Gender Relationships.
SHR028	Risk Taking	A Resource in the form of a manual that consists of 15 activities suitable for children and young people between the ages of 7 to 16. The activities cover the following topics; • Exploring Risk • Weighing up Risk • Making my own decisions
SHR029	Sexual Knowledge and behaviour - Assessment Tool	This resource is a 72 page book and accompanying CD for assessing levels of sexual knowledge and behaviour of someone with a learning disability. The assessment tool helps to: • assess existing levels of sexual knowledge and understanding of people with learning disabilities, and identify gaps or confusion • engage parents and carers in the process of educating their sons and daughters about relationships and sexuality • develop an appropriate programme of teaching, for individuals or groups, taking into account the particular needs of the people involved • evaluate the impact of a programme on the knowledge and understanding of the participants
SHR030	Periods- a practical guide	This resource consists of a training manual with accompanying CD, to teach girls and young women with learning disabilities about menstruation, but can be used with any young person. The resource contains photographs and images to enable educators to show a woman how to deal with her periods The language used is designed to be accessible to a person with a learning disability.
SHR031	I change my pad	This 32page booklet in A7 size, complements Periods: a practical guide. This resource is a pocket guide containing photographs, one per page illustrating the times when a woman should change her pad; how to remove and throw away a soiled pad; how to put a fresh pad in place; with a reminder to wash hands. Designed to fit in a purse or handbag.

SHR032	Sex and masturbation	This resource is a 40-page booklet written using easy words and pictures. The booklet explains what sex and masturbation are. Topics covered include deciding when to have sex, using contraception, oral & anal sex, privacy and consent. The booklet can be used to support open discussion about sex and masturbation with adults and young people who have learning disabilities. Some pictures are explicit. For ages 16 years and over.
SHR033	Friendships and Relationships	This resource is a 32-page accessible booklet which covers making friends and issues of trust, honesty and dealing with disagreements. Physical attraction is also covered and the booklet looks at developing a relationship, ending a relationship, being on your own, personal safety and making choices. The booklet is written using easy words and pictures and can be used to support open discussion about friendships and relationships with young people and adults who have learning disabilities.
SHR034	Safe Sex and Contraception	This resource is a 28-page easy read booklet which covers sexually transmitted infections, how to avoid them and where to go for treatment, and what contraception is – the different types, how it works and where to go for advice. The booklet is written using easy words & pictures and can be used to support open discussion about safe sex and contraception with adults or young people who have learning disabilities. Some pictures are explicit.
SHR035	Sexual Abuse	This resource is a 24-page booklet written using easy words and pictures. It covers recognising abuse, saying no, rape, pornography, the law, disclosure, reporting abuse and where to get help. The booklet can be used to support discussion about sexual abuse with adults or young people who have learning disabilities or people who do not speak or read English very well. Some pictures are explicit.
SHR036	Lesbian, Gay, Bisexual and Trans	This resource is a 40-page accessible booklet which covers sexuality, being lesbian, gay, bisexual and/or trans, talking to people about your sexuality, bullying and safe sex. The booklet uses easy words and pictures and can be used to support open discussion about sexuality and being gay with adults and young people with learning disabilities.

		Some pictures are explicit.
SHR037	Love S.T.I.ngs	This resource is an A6 booklet in the form of a comic book and is a beginners guide to Sexually Transmitted Infections (STI's)
SHR038	Periods – what you need to know	This resource is an A6 booklet for girls aged nine and above explains why they have periods and how to deal with them. Meets curriculum guidance for key stage 2.
SHR039	Love Sex Life	This resource is a pocket-sized booklet which supports young people who want to explore all aspects of sex and relationships, including knowing your body, negotiating relationships and staying safe.
SHR040	4 YOU – Growing up – what's it all about?	This resource is an A5 colourful booklet that introduces young people aged nine and above to puberty and growing up. Meets curriculum guidance for key stage 2.
SHR041	Love Sex Relationships	This resource is an A6 booklet that gives clear text and humorous illustrations to help young people explore how they feel about their own sexuality, body image and relationships. Meets curriculum guidance for key stages 3 and 4
SHR042	Exploring sexual and social understanding	This illustrated pack has been developed to provide a flexible visual resource that can be used to assess sexual knowledge and capacity to consent of people with learning disabilities. It will help to teach and discuss appropriate social and sexual behaviour. The pack includes a CD-ROM containing 178 pictures which can be arranged into sequences to form stories that can represent conventional, unconventional, legal and illegal social and sexual activities. The stories can be created either by the person with learning disabilities or by the professional working with them. The pack also includes a capacity assessment form to help determine whether the person with learning disabilities has the capacity to consent to a specific sexual relationship. The materials have been evaluated with a range of people with learning disabilities.

SHR043	Snap Clap	Snap Clap is a resource by way of an interactive educational game. It is a stimulating way to introduce sexually transmitted infections and other conditions that can be acquired through close physical contact to a wide range of audiences. A fun, versatile resource suitable for training workshops and educational settings. The resource consists of a big double pack of cards and facilitator cards.
SHR044	Kylie's Private world	A Sex Education DVD for girls and young women with learning disabilities. The DVD has strong emphasis on consent and how to say "No". Also emphasised is the use of condoms for safer sex. The topics covered are; 1. **Growing up and the body changes from childhood to adulthood,** this section shows Kylie growing up and how her body changed from being a child to becoming an adult. 2. **Periods & sanitary protection** this section begins with Kylie explaining about her first period. She explains about tampons and sanitary towels and how to use them. 3. **Consent and trust, how to deal with unwanted sexual advances** Kylie explains about consent, she emphasises the importance of saying "no" and of trust within a relationship. 4. **Personal hygiene, bathing & privacy** the importance of personal hygiene and personal care are illustrated and explained. 5. **Self examination & privacy** Kylie shows how she carefully examines her body. She explains that although the viewers body may be different to hers, it is important check yourself regularly. 6. **Consent and trust, how to deal with unwanted sexual advances** Kylie explains about consent, she emphasises the importance of saying "no" and of trust within a relationship. 7. **Masturbation & privacy** this section discusses masturbation and the importance of privacy. This subject can cause embarrassment and carers may find it easier to to show this section to single sex groups or on a one-to-one basis. 8. **Sex, relationships, love and affection** this section explains about relationships, including gay relationships. 9. **Introduction to Jason (Kylie's boyfriend)** Kylie introduces Jason and explains about being alone and the value of talking. 10. **Being alone and loneliness** Kylie explains about being alone and feeling lonely and that talking to a carer can help. 11. **When Kylie met Jason, consent, love and affection in relationships** Kylie explains how she meet Jason and that they

		waited until they respected and trusted each other, and both wanted to before having sex. 12. **Sex and consent within relationships, safer sex and condoms, privacy** Kylie explains how she and Jason only have sex when they both want to and that they are careful to be "safe". Emphasis is put on being private and having sex in a private place. 13. **Consent and how to use condoms, disposal of condoms** Kylie explains how she makes sure she has some condoms and then shows how to put a condom on, explaining why they are so important. 14. **Love and affection in relationships** 15. **Where to get condoms and advice** Kylie explains that there are many places to get condoms and advice from. 16. **Sex and people's attitudes, privacy and consent** Kylie explains about other peoples attitudes towards sex. She explains about consent and emphasises that viewers should tell a carer, doctor or social worker if anyone is forcing them to have sex or keeps asking them.
SHR045	Jason's Private World	This resources is a Sex Education DVD for boys and young men with learning disabilities. The DVD has strong emphasis on consent and how to both say "No" and understand when someone else says "No". Also emphasised is the use of condoms for safer sex. The topics covered are; 1. **Growing up and body changes from childhood to adulthood**, this section shows Jason growing up and how his body changed from being a child to becoming an adult. 2. **Self examination & privacy** Jason shows us how he carefully examines his body. He explains that although the viewer's body may be different to his, it is important check yourself regularly. 3. **Masturbation & privacy** this section discusses masturbation and the importance of privacy. This subject can cause embarrassment and carers may find it easier to show this section to single sex groups or on a one-to-one basis. 4. **Personal hygiene, bathing & privacy** the importance of personal hygiene and personal care are illustrated and explained. 5. **Sex, relationships, love and affection** this section explains about relationships, including gay relationships. 6. **Introduction to Kylie (Jason's girlfriend)** Jason introduces Kylie and explains about being alone and the value of talking. 7. **Consent, privacy, trust and how to deal with unwanted sexual advances** Jason explains consent from the point of view of the person being approached. He emphasises the importance of saying "no" and of trust within a relationship. 8. **Consent, approaching someone and understanding "Yes" and "No"** Jason now explains about approaching someone for

		sex and emphasises the importance of leaving someone alone if they say "no" or do not want to talk to you. 9. **Being alone and loneliness** Jason explains about being alone and feeling lonely and that talking to a carer can help. 10. **When Jason met Kylie, consent, love and affection in relationships** Jason explains how he meet Kylie and that they waited until they respected and trusted each other, and both wanted to before having sex. 11. **Sex and consent within relationships, safer sex and condoms, privacy** Jason explains how he and Kylie only have sex when they both want to and that they are careful to be "safe". Emphasis is put on being private and having sex in a private place. 12. **Consent and how to use condoms, disposal of condoms** Jason explains how he makes sure he has some condoms and then shows how to put a condom on, explaining why they are so important. 13. **Love and affection in relationships** 14. **Where to get condoms and advice** Jason explains that there are many places to get condoms and advice from. 15. **Sex and people's attitudes, privacy and consent** Jason explains about other people's attitudes towards sex. He explains about consent and emphasises that viewers should tell a carer, doctor or social worker if anyone is forcing them to have sex or keeps asking them.
SHR046	You, your body and sex	This resource is a comprehensive Sex Education guide for people with learning disabilities/special needs. Based on Jason's Private World and Kylie's Private World with additional material, the DVD has an easy to use menu system that allows carers and educators to match the needs of viewing groups and individuals. The DVD menu covers the following topics: • **Growing up and the changes from childhood to adulthood** this section shows Jason and Kylie growing up and their body changes from being young children to being adults. • **Periods & sanitary protection** this section begins with Kylie taking us back to when she had her first period. She explains about tampons and sanitary towels. • **Masturbation** this section discusses masturbation and the importance of privacy. This subject can cause young people some embarrassment and carers may find it easier to to show this section to single sex groups or on a one-to-one basis. • **Keeping Clean and Personal Hygiene** the importance of personal hygiene and personal care are illustrated and explained. • **Relationships, love and affection** this section explains about relationships, including gay relationships. • **Kylie and Jason, loneliness** each character explains about feelings of loneliness and the benefit of talking to a carer.

		• **Consent and meeting someone** consent, approaching someone and understanding "yes" and "no". Jason explains about approaching someone and emphasises the importance of leaving someone alone if they say "no" or do not want to talk to you. • **Safer Sex and condoms** Kylie and Jason explain that they only have sex when they both want to, and that they are careful to be "safe". Being private and having sex in a private place is emphasised. • **Consent and saying 'No'** Kylie explains about consent, she emphasises the importance of saying "no" and of trust within a relationship. • **Sex and people's attitudes** Kylie explains about other peoples attitudes towards sex. She explains about consent and emphasises that viewers should tell a carer, doctor or social worker if anyone is forcing them to have sex or keeps asking them.
SHR047	Let's do it	This resource includes 80 creative activities for Sex and Relationship Education for young people with learning disabilities, using group work, games, drama and visual images and props to make learning fun and effective. It is arranged in eight chapters covering: • Group building • Body parts • Gender • Public and Private • Feelings • Relationships • Life-cycle • Developing skills. The resource employs a range of methods suitable for 11- to 25-year-olds, with examples of how to adapt the activities for different groups' needs, abilities and ages.
SHR048	Let's plan it	This is the companion resource to Let's Do It. The resource is a detailed planning guide to creating programmes of Sex and Relationship Education for young people aged 11 to 25 with learning disabilities. The resource contains curriculum maps, schemes of work, assessment formats, nine full SRE programmes, weekly session plans and 26 new activities. Includes work on relationships, sexual activity, contraception and sexual health.
SHR049	Making sense of sex – a forthright guide to Puberty, Sex and Relationships for people with Asperger's syndrome	This resource comes in the form of a book. The book is ideal for those who need clear, detailed explanations and direct answers to the many questions raised by puberty and sexual maturity. Sarah Attwood describes developments in both the male and female body, and explains how to maintain hygiene and personal care, and to promote general good health. She examines emotional changes, including moods and sexual feelings, and provides comprehensive information

		on sex, sexual health and reproduction. She looks at the nature of friendship, how it changes from childhood to adulthood and its importance as a basis for sexual encounter. She also offers coping strategies for different social experiences, from bullying to dating, and includes essential tips on the politics of mature behaviour such as knowing the difference between public and personal topics of conversation. Making Sense of Sex is a thorough guide written in unambiguous language with helpful diagrams, explanations and practical advice for young people approaching puberty and beyond.